Town of Harwich

COUNCIL ON AGING NEWS

Harwich Community Center ~ 100 Oak Street ~ Harwich, MA 02645 Tel: 508-430-7550 ~ Fax: 508-430-7530

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MAY/JUN 2018

We're here to support and enhance the quality of life for Harwich's seniors and caregivers!

NEW HEALTHY FOR LIFE FITNESS



Wednesdays & Fridays, 10:30-11:30am, \$2/class Beginning May 9th

In celebration of Older Americans Month, we are rolling out a new fitness initiative. Our goal is to provide additional affordable fitness options for all abilities to help our seniors be "Healthy for Life"!

This new class promotes healthy aging through a program aimed at keeping your bodies moving. The "Healthy For Life" class will be taught by certified fitness instructor, Debbie Benton, and is intended to complement our Balance Boosters class. Classes will focus on seated exercises to help maintain strength, range of motion, coordination, balance, and muscle tone. Classes will incorporate participants of differing abilities. Participants will use small equipment like resistance bands, medicine balls and small weights, and music will help keep the energy positive.

Classes will be FREE during May, so come try it out! Registration will then be limited to 20 participants.

This class is for Harwich residents only.

SKIN CANCER PROGRAM

Thursday, June 14th, 11:30am

Dr. Peter Bentivegna feels that early diagnosis and treatment is key to curing skin cancer. He has offered his time to educate us on early detection and treatment options as skin cancers are not uncommon in the aging process. The program will be followed by a limited number of free private skin screenings. Reservations are required for both the program and screenings as space is limited.

Registration is open to non-residents after May 31st.

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

DIRECTOR'S DIALOG With Judi Wilson, COA Director



Every May, the nation celebrates Older American's Month. The 2018 theme,

"Engage at Every Age", emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness and offering your wisdom and experience to make a difference in the community are examples of what being engaged can mean. We hope you will join in and *Engage* at the COA, there is no better time than now!

Sponsored by the Friends of HCOA SUMMER CARD & CRAFT WORKSHOP



Wednesday, May 30th, 4-6pm, Cost: \$15

Channeling Cape Cod, we'll do a little bit of stamping, a little crafting, and have a whole lot of fun! Register in person at the COA, or mail check payable to: Friends of Harwich COA (FHCOA), 100 Oak St., Harwich MA 02645. Pre-registration with payment is required.

INSIDE!

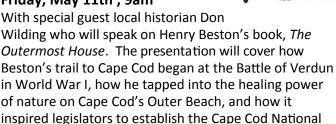
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The Harwich COA Newsletter is also available online.
Go to www.town.harwich.ma.us
and click on the COA Department's page

SPECIAL UPCOMING PROGRAMS

MEN'S MORNING

Men's Breakfast Friday, May 11th, 9am



Friday, June 8th, 9am

Seashore.

Featuring the Cape Cod Classics Car Club

Men's Book Club Friday, May 11th, 10am

For May we will be reading the Cape Cod classic, *The Outermost House* by Henry Beston. The book is available at Brooks Free Library, just ask at the desk for the COA Men's Book Group selection for the month.

Friday, , 10am

Featured book TBA at the May Book Club

There is no charge, but donations to the COA to support our programs are most appreciated

PRE-REGISTRATION IS REQUIRED
BY THE PRIOR WEDNESDAY

REFLECTIONS ON AGING

May 31st, 1-2:30pm

Our first two sessions in this program with a focus on *Loss* and *Forgiveness*, have provided robust opportunities for discussion which left participants feeling both energized and validated. We will finish up with *The Next Chapter* on May 31. This is not a psychotherapy group, but more psychoeducational in nature. The program is intended to explore serious thoughts and feelings about getting older, along with strategies to address these issues as they emerge. Participants should come with a healthy curiosity to explore their own process of aging, along with a willingness to share and learn from others. If this sounds like something you may be interested in, please contact Kevin to discuss this further. Enrollment will be limited.

PRE-REGISTRATION IS REQUIRED
CALL KEVIN AT 508-430-7551 TO REGISTER

WOMEN'S BREAKFAST



Friday, May 25th, 9am

With special guest, author and radio host John Whelan, who will share his love of Broadway musicals with us.

Friday, June 22nd, 9am

Program to be announced at the May Women's B'fast

There is no charge, but donations to the COA to support our programs are most appreciated

PRE-REGISTRATION IS REQUIRED
BY THE PRIOR WEDNESDAY
Please call the COA at 508-430-7550 to register

DEVICE ADVICE



Technology Assistance (By Appointment)
Tuesday, May 15th, 9:15-10am
Tuesday, June 19th, 9:15-10am

"Device Advice" is your chance to sit down with someone from Brooks Free Library to answer basic questions about your personal device! Each appointment is 5-15 minutes long and is open to any type of device...iPad, eReader, iPhone, laptop, etc. "Device Advice" is perfect if you want an overview, need help downloading ebooks, or have a question about how to do something. This is not a device repair service, think of it as a friendly personal consultant here to provide free assistance.

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

KNOW SOMEONE WHO SNORES?



Friday, May 25th, 11am-12pm

The Snoring & Sleep Apnea Treatment Center of Cape Cod will present an alternative method that may help restore a quiet restful night's sleep. Could wearing a small oral device help? We will discuss issues and diagnoses that interrupt your own ability to get a good night's sleep or your concerns about a loved ones sleep. You will learn the difference between snoring and sleep apnea & how to talk to your PCP about your concerns. Reservations are required as space is limited. Registration is open to non-residents after May 15th.

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

COOKING CLASS

"Springtime Baking"

Thursday, May 24th, 4-7pm, Cost: \$15

Welcome Spring into your home with some wonderful desserts. We'll make Mango Mousse, Chocolate Covered Strawberries, Hummingbird Cupcakes, Fresh Fruit Crostata (open faced tart) and Ricotta Cookies. Bring an apron and a container for leftovers.

"Taste of New Orleans"

Thursday, June 14th, 4-7pm, Cost: \$15

Have a taste of the Big Easy in your kitchen with our New Orleans menu. We'll start with Cajun Skillet Shrimp and Mini Muffulettas followed by Chicken and Sausage Jambalaya served with Black Pepper Biscuits. Ending our meal will be Banana Foster Bread Pudding. 'Laissez les bon temps rouler' (Let the Good Times Roll!) Bring your apron and a container for leftovers.

PRE-REGISTRATION IS REQUIRED Payment is required to register Make checks payable to "Harwich COA"

Space is limited



Our Chef Instructor is Kay Benaroch who has a Culinary Certificate from the Cambridge School of Culinary Arts and experience teaching recreational cooking classes. Her cooking classes are popular so register early!

SOLAR ENERGY Education Program

Wednesday, June 6th, 1:30-2:30pm

The Attorney General's Consumer Advocacy and Response Division will give a short presentation about competitive suppliers and solar energy companies in Massachusetts, providing tips and information to consumers on how to protect themselves in transactions involving solar energy companies. The speakers will engage the audience , take questions and explain the AG's Office role in helping consumers resolve disputes with businesses. Presented by Melissa Armstrong and Bianca Hoffman of the AGO's Consumer Advocacy and Response Division; and Marie Clougher of the Cape Cod Consumer Assistance Council.

PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

BIG SCREEN MOVIE DAY



"Dunkirk" (Rating PG-13)
Tuesday, May 8th, 2pm



A critically acclaimed film about the evacuation of Allied troops from Dunkirk, France before Nazi forces could take hold. This is more than a war film, it is a picture of survival.

"The Post" (Rating PG-13) Tuesday, June 12th, 2pm



Starring Meryl Streep and Tom Hanks, this is a drama about exposing a massive government cover up and bringing truth to light.

Light refreshments are served
No charge, but donations gladly accepted
PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550

2018 Dave Birtwell Memorial REMEMBERY WALK/RUN/DANCE



Saturday, May 12, 9am Brooks Park, Oak Street, Harwich

Join the Birtwell Family and the Alzheimer's Family Support Center of Cape Cod for a great cause. This year every dollar raised will be matched to help fund free Alzheimer's support services right here on Cape Cod. The Alzheimer's Family Support Center offers free family meetings, education and support groups to residents of Harwich and other Cape communities. For more information on how you can participate or support the event, please call 508-896-5170 or go to support@capecodalz.org

UKULELE CLUB



1st & 3rd Thursdays, 1-2:30pm

The ukulele is a 4-stringed instrument that is relatively easy to learn to play and a lot of fun in a group setting. Cathy Hatch is back and has volunteered to lead this group for beginners. While there is no fee or pre-registration required, donations to the instructor are appreciated.

REGULAR ACTIVITIES

FUN STUFF!

BRIDGE CLASSES

Mondays, 1-3pm, \$30 for 6 weeks

This is for intermediate players focused on improving skills. Call Instructor Nancy Blezard at 508-432-6203 for more information.

CRIBBAGE

Thursdays, 1pm

Weekly cribbage games are held in the "Glass Room" at the COA. New players are always welcome!

COMPUTER INTERNET ACCESS

The COA has free Wi-Fi and computer access whenever the "Glass Room" is not being used for a program. Please call to check availability.

MAH JONGG

Tuesdays, 9am-12pm

This is a weekly group that gathers to play Mah Jongg. There are no lessons, but all levels of play are welcome, and new players and "walk-ins" are always welcome!

"BIG SCREEN" MOVIE DAY

2nd Tuesday of the month, 2pm

Come alone or with your friends to see a movie on the "big screen" in the multipurpose room. We even serve popcorn! Pre-registration required. See p. 3 for details.

POOL & PING PONG

The Community Center has an amazing pool and pingpong room. Don't let the kids have all the fun! Seniors are always welcome.

There are many additional activities & fitness opportunities offered through the Recreation Dept. and Community Center...see page 9!

LAPTOPS FOR SENIORS

Harwich COA has partnered with the Masonic Angel Foundation to bring free refurbished devices to seniors in need. If you are a senior who would benefit from having a laptop and are unable to purchase one, let us know and we will add you to the list for when devices become available. If you have a laptop to donate, please bring it to the COA and it will be wiped clean, refurbished and returned right back here to our community. A win-win! For more information, call Rick in the Outreach Department at 508-430-7550.

COA FITNESS!

BALANCE BOOSTERS

Mondays & Thursdays, 10-11am, \$2 per class

Maintain balance & flexibility with 1 hour of stretching while safely seated in a chair using your own body and simple implements which are supplied. Feel great without getting winded and help reduce your fall risk! This class is led by Town Nurse, Susan Jusell. Please call the COA at 508-430-7550 to register as classes are quite full. Please be patient as we are looking to add classes.

MINDFUL YOGA

Fridays, 9-10:15am, \$8 per class

Everyone can do mindful yoga. Stretches and yoga poses are done standing and sitting in a chair. Attention is placed on breathing and being present. Each class ends with 10 minutes of meditation. For information contact Kathie Marin at 508-430-8623.

SUPERFIT

Wednesday & Friday mornings, 8:30-9:30am \$40 per 6 week session

This is a popular class instructed by Charlie Abate. Superfit is a powerful hour that includes floor work on mats. Class will not meet the week of Memorial Day. For more information contact Charlie at 508-432-0370.

SPAULDING PARKINSON'S PROGRAM

Tuesday & Thursday mornings, 10-11:30am

Under the guidance of licensed Physical Therapists, this programs focuses on exercises and problem solving to improve day-to-day function and quality of life. For more information and cost information, please contact Heather Merrill at Spaulding at 508-240-7203.

SENIORFIT

Wednesday & Friday mornings, 9:30-10:30am \$40 per 6 week session

This is a popular class instructed by Charlie Abate. Seniorfit is a slower, gentler workout with no work on the floor. Class will not meet the week of Memorial Day. For more information contact Charlie at 508-432-0370.

DROP-IN WALKING CLUB

Mondays, Tuesdays, & Thursday mornings 6-8:30am

Drop in and walk laps in the gym on a dry level surface without worrying about the weather...21 laps is approximately one mile!

WELLNESS PROGRAMS

AL-ANON

Fridays, 5:30-6:30pm

This is a group for those affected by another person's drinking. You have choices and Al-Anon can help.

BLOOD PRESSURE CLINIC

Mondays, 5-6pm

Have your BP checked with Town Nurse, Susan Jusell.

CLUTTERERS ANONYMOUS

Wednesdays, 9:30-10:30am

This is a 12-Step Recovery Program for both clutterers and hoarders. All are welcome.

DIET & NUTRITION SUPPORT GROUP

Tuesdays, 9-10am, with Ginny O'Halloran, RN

This group offers support and strategies to lose and maintain your desired weight through understanding food labels and making health food choices.

FOOTCARE CLINICS

With Betty Brady - 5/11, 5/23, 6/20, 6/29 With Janet Tinney - 5/18, 6/15

Trained nurses will provide a general assessment of your feet and will trim, file, clean and reduce thickening of nails, smooth corns & calluses and massage your feet. Appointments at the COA are \$35, and home visits are available for \$55. Please call the COA at 508-430-7550 to schedule your appointment.

HEARING SCREENINGS

Appointments for hearing checkups with Barbara Eaton, a licensed Hearing Instrument Specialist. If you wear hearing aides, bring them and she will clean them if needed. There is no obligation to purchase, but recommendations for follow-up care may be made. Call the COA at 508-430-7550 to schedule an appointment.

HOME SAFETY ASSESSMENTS

COA and Fire Dept. staff come to your home to assess your safety risks. Your home will be assessed for fall risks, and smoke detectors and carbon monoxide detectors will be checked to be sure your home is as safe as possible. If your smoke detectors and carbon monoxide detectors are not working properly or out of date, batteries will be replaced or new ones will be installed at cost. Call the COA at 508-430-7550 and ask to be put on the list for a home safety assessment visit.

LEGAL ASSISTANCE

Free half-hour consultations with lawyers who specialize in elder law and are performing pro bono service. Call the COA at 508-430-7550 for appointment times.

MEDICAL EQUIPMENT LOANS

Durable medical equipment is available for loan to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, etc.). Call or stop by the COA prior to purchasing to see if we have what you need. Non-resident loans are dependent on supply. (NOTE: Please clean equipment thoroughly before returning.)

OVEREATERS ANONYMOUS

Mondays, 2-3pm & Thursdays, 10-11am

OA is a fellowship of men and women from all walks of life who meet in order to help solve a common problem - compulsive overeating. All are welcome.

S.H.I.N.E. - Health Insurance Counseling

SHINE (Serving Health Insurance Needs of Everyone...on Medicare) offers free assistance to help older adults navigate the complex health insurance system. SHINE Counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs to help those on or eligible for Medicare. Call the COA at 508-430-7550 for appointment times.

SIGHT LOSS SERVICES SUPPORT GROUP

1st Tuesday of the month, 10-11:30am

Peer meetings for those with vision loss and blindness. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Please RSVP to Sight Loss Services at 508-394-3904.

SOCIAL SECURITY APPOINTMENTS

3rd Monday of each month

Communicate with a local Social Security representative using our special Community Social Security Video Service. You can video conference with a live person without waiting in line. Apply for benefits, report changes, ask questions, and more. Call 508-430-7550 to schedule your appointment.

WELLNESS CLINIC

Wednesdays, 9:30am-12pm & Mondays, 5-6pm

Walk-in clinic with Town Nurse, Susan Jussell, where you can have your blood pressure taken, ask health related questions, or discuss your health needs.

VETERAN'S ASSISTANCE

Veterans Service Officers Wil Remillard and Shawney Carroll are available Tuesdays, Wednesdays and Thursdays by appointment to assist Veterans, as well as surviving spouses with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits and more. Please call 508-430-7510 for an appointment.

OUTREACH & HEALTH NEWS

NOTES FROM THE OUTREACH OFFICE

With Kevin Grunwald, Social Service Coordinator



New Medicare Card Scam

You may have heard everyone on Medicare will receive new Medicare cards with new numbers beginning this April 2018. Social Security numbers will no longer be used on Medicare cards to prevent identity theft. Instead, each Medicare beneficiary will receive their own new unique Medicare number. Medicare will mail new cards over a one year period between April 2018 and April 2019. Because it will take a year for everyone on Medicare to get their new Medicare cards, it is possible other people you know on Medicare will get their new Medicare card at a different time than you.

You don't need to do anything to receive a new Medicare card except to make sure the Social Security Administration has your correct address. To change or update your address go to www.ssa.gov or call 800-772-1213. Medicare will not call you to ask for personal information in order to send you a new card because Medicare already has that information. Don't be tricked into sharing your personal information with a stranger who offers to get you your new Medicare card sooner or is calling to confirm your Medicare or Social Security number. Medicare will accept your old number through December 31, 2019, but once you get your new Medicare card, destroy your old one.

If you have questions, concerns, or believe you have been a victim of a scam, call the Massachusetts Senior Medicare Patrol (SMP) Program at 800-892-0890. If you have any questions about Medicare's plan for distributing new Medicare cards, you can check www.Medicare.gov for the latest updates.

Fuel Assistance:

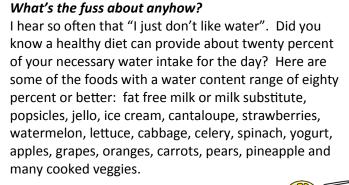
The Fuel Assistance program is scheduled to end on April 30, but in previous years the deadline was extended. To find out if you can still apply please call the COA Outreach office at 508 430-7551.

Life is about transition and change, and the Outreach Office is here to assist you in negotiating obstacles and exploring your options when conditions change. To learn more about agencies, resources and supports that are available to assist you please contact Kevin at 430-7551.

HERE'S TO YOUR HEALTH

With Susan Jusell, Town Nurse

Hydration!



Is it enough to drink just when you feel thirsty? For most of us it is not enough. Knowing that about half your body weight and approximately seventy percent of your brain tissue consists of water, then we should pay attention to maintaining our hydration. The sense of thirst gets duller with age, so by the time you feel thirsty you may already be mildly dehydrated. Six to eight cups of water a day is a rough guide to go by, factors such as your size, muscle mass, activity level and environment all play a factor in how much is enough. I would encourage you to pay attention when you go to the bath room, monitor the color of your urine and if it is a dark amber color then you need to drink more fluids, if it is a light amber to clear in color then you know you're well hydrated.

If you would like to discuss a personal plan then please stop into one of the blood pressure clinics on a Monday evening between 4:30-5:30pm or on a Wednesday morning between 9:30am-12noon. Until then... BOTTOMS UP!

PARTICIPANTS WANTED

The Family Pantry in Harwich, in partnership with the Barnstable County Health Nurses, are looking to explore the impact of nutrition and healthy eating on diabetes and hypertension. Those with these conditions will receive health monitoring, free recipes and food samples, and weekly fresh fruits and vegetables. For more information about this confidential program, call the Family Pantry at 508-432-6519.

CAREGIVERS' CORNER

DEMENTIA CAREGIVING SUPPORT GROUP

1st and 3rd Wednesdays, 10:30am-12pm At the Harwich COA



This group will help families develop better coping strategies, learn more about Alzheimer's Disease and dementia, and help connect to support services in the community. Two groups meet at the same time, one for caregivers and family members, and the other an activity group for those with cognitive impairments.

Group Facilitator: Fran Lavin, RN
Of Cape Cod Alzheimer's Family Support Center

PRE-REGISTRATION IS REQUIRED Call 508-896-5170 for more information.

SUPPORTIVE DAY PROGRAM

The Day Center Program at the Orleans Senior Center is a regional adult supportive day program offering a safe, caring, person-centered environment for older adults with physical and cognitive disabilities, and for those in need of social stimulation. It also provides respite time for caregivers of older adults.

They offer a structured day that includes music, art and fitness to promote optimal social, emotional and physical wellness while allowing clients to remain in their own homes for as long as possible. There is even a special "Men's Day" on Tuesdays.

The Day Center Program is open to residents of Orleans, Brewster, Chatham and Harwich and attendance is subsidized by these communities. Fees for Harwich residents are \$55 per day which includes all activities and meals. Financial assistance may be available for eligible families to help defray costs.

To learn more about scheduling a complimentary trial day or for more information about eligibility, contact the Day Center Director at 508-255-6333.

"Aging is not 'lost youth' but a new stage of opportunity and strength." Betty Friedan; *US feminist (1921 - 2006)*

ARE YOU A CAREGIVER IN NEED OF HELP?

For information about community resources available to help support you, please call the COA Social Services Coordinator at 508-430-7550.

GRANDPARENTS RAISING GRANDCHILDREN

A special group for grandparents raising their grandchildren will take place the last Tuesday of the month, from 9:30-10:30am at Harwich Elementary School, 263 South Street. This group is sponsored by Child and Family Services and Monomoy Early Childhood Council. For more information call 508-430-1692.

CAREGIVER TIPS

Reminisce

Agree	never	Argue
Ask	never	Command
Distract	never	Shame
Reinforce	never	Force
Redirect	never	Reason
Reassure	never	Lecture
Encourage	never	Condescend
Repeat	never	Say "I told you"

Say "Remember"

Say Say

never

"Do what you can" never "You can't"

Jo Sun's blog, "Better Spaces Better Lives", dementiaenvironmentaldesign.com



FRIENDS' NEWS



100 OAK STREET, HARWICH, MASSACHUSETTS 02645

A MESSAGE FROM THE PRESIDENT With Jack Brown, President of the FHCOA

The Friends' mission is to provide funding and support for Harwich's Council on Aging programs and services for Harwich Seniors. The funding primarily supports counseling, nutrition, socialization, transportation, and certain types of medical equipment and emergency assistance.

To meet our Socialization goals, Board members Andrea Terney and Linda Johnson have surveyed seniors to assess their interests. In mid-April, the Friends held a flower arranging workshop that led to many lovely and creative floral arrangements. More events will occur the Summer. Please join us.

The Friends' purchase of a new minibus to supplement Senior transportation is leading more Seniors to try our service. Our great volunteer, Joan McCarty, leads this effort that provides transportation for grocery shopping, (Shaw's), banking, pharmacy visits, post office, and so on. We really do ask that you give our service a try! Give us a call for a ride. We know you will like it!

Cont. next column

The Annual Remembery Walk/Run, in partnership with the Alzheimer's Family Support Center of Cape Cod, will occur on May 12th. Registration is at 9AM. The Run begins at 10AM and the Walk at 11.

With your support, FHCOA will continue to meet its mission. Please consider supporting Harwich Seniors by becoming a member of our dedicated non-profit organization. And your Donations are always welcome!

Special Upcoming Friends Program

SUMMER CARD & CRAFT WORKSHOP

Wednesday, May 30, 2018, 4:00pm

See page 1 for details





Friends Mini-Bus Coordinator: Joan McCarty

We are providing transportation for local errands on Thursday afternoons and Friday mornings on our new Mini-Bus with volunteer drivers. To request rides on the Friends' Minibus, please call 508-648-9930. <u>Please</u> <u>leave a message if no one answers! We will get back to you.</u>

2018 FRIENDS OF HARWICH COA MEMBERSHIP

Annual dues are \$5.00 per person / Life dues are \$40 per person

Member #1 (Please Print)		Member #2 (Please Print	t)
Name		Name	
Mailing Address		Mailing Address	
Town/Zip	Phone	Town/Zip	Phone
Email:		Email:	
ANNUAL DUES: \$5.00	LIFE DUES: \$40.00		
Donation: \$		Donation: \$	

USE THIS SLIP TO MAIL DUES TO THE FRIENDS, OR DROP YOUR MEMBERSHIP SLIP & DUES OFF AT COA

Please make checks payable to: Friends of the Harwich COA

Mail to: Treasurer, Andrea Terney, Friends of the HCOA, 100 Oak Street, Harwich, MA 02645

COMMUNITY CENTER NEWS

COMMUNITY CENTER ACTIVITIES

The Harwich Community Center hosts many activities with independent instructors. There are rug braiding classes, a weight room, a "Stitchers" group, quilting, community music groups, service and social groups, gardening groups, business groups, support groups, and more! For more information, stop in and pick up an updated Activities & Groups Information Booklet. Staying active and engaged is beneficial to healthy aging, and there's something here for you!

FOR MORE INFORMATION
ABOUT COMMUNITY CENTER ACTIVITIES,
go to the Community Center webpage at
www.town.harwich.ma.us
or call 508-430-7568.

SPECIAL DATES

May 5th, 1-4pm – Harwich Conservation Trust Educational event all about kettle ponds with Professor Robert Thorson. Admission: \$5 per person. For more information contact Michael Lach at 508-432-3997.

May 7th, 5:30PM-7PM – Harwich Conservation Trust HCT is hosting a volunteer information session and social gathering for conservation property monitors. For more information contact Tyler at 508-432-3997.

May 7th, 8th (& possibly 9th if meeting runs over) – Annual Town Meeting

Meeting begins at 7pm but arrive early to sign in.

May 15th, All Day – Town Election

Voting booths are set up in the gymnasium

May 19th, 9am-2pm – Sampson Fund Plant Sale

May 21st - June 9th: Gym closed

The gymnasium will be closed for resurfacing project

June 9th, 9am-1pm – 24th Annual Wild Care Yard Sale

June 10th – Beach Stickers & Dump Passes go on sale! Always held in Room 3



Community Center BUILDING CLOSED:

Monday, May 28th—Memorial Day

REC. DEPT. ACTIVITIES FOR SENIORS

Senior Volleyball

Tuesdays 11:00-1:00, Fridays 11:00-1:00

Pickleball (Harwich Residents Only)
Monday-Friday 8:00am-2pm at Former Middle School

Men's Over 55 Basketball

Mondays & Wednesdays 12:30-2:00pm, Fridays 1-3pm

Pre-registration and a reasonable annual fee is required. Some restrictions apply. For more information call 508-430-7553 or download the Adult Registration Form on the Rec. Dept. webpage at www.town.harwich.ma.us

MORE WELLNESS PROGRAMS AT THE COMMUNITY CENTER

New Zumba - Wednesdays, 5:30pm – 6:30pm Zumba in an interval style dance fitness class. For information contact Alissa at 617-959-4922.

New NAMI (National Alliance on Mental Illness)
Cape & Islands - Wednesdays, 6PM-8:30PM

For family members of individuals with mental health issues. For information contact Kim at 508-778-4277.

Insight Meditation Circle

Tuesdays, 7-8pm

Hatha Yoga

Tuesdays, Thursdays & Saturdays, 9-10:30am

"30/30" Fitness & Pilates Plus Cardio

Tuesdays & Thursdays, 5-6pm

Exercise Class with Jill

Thursdays, 6-7pm & Saturdays, 8:30-9:30am

Mary Ann's Exercise

Tuesdays & Thursdays, 9-10am

Foot Fit - Perfecting Posture from the Bottom Up

Wednesdays & Fridays , 8:30-9:30am, Pilates Mat 9:30-10:30am, Foot Fit

Line Dancing for Fun & Fitness

Mondays & Thursdays, many times & levels

Bit of Bliss Yoga

Mondays 5-6pm, Wednesdays 7-8pm

Cost & registration information varies.

Contact the Community Center for more information.

ODDS & ENDS

SHINE NEWS

Need help with prescription drug costs? Prescription Advantage may be your answer!



By now, some of you may have reached or are getting close to the gap or "donut hole" with your Medicare Prescription Drug Plan (Part D). In 2018, you fall into the Medicare Part D gap when the negotiated **retail** cost of your medications reach \$3,750. Once in the gap you are now responsible for 35% of the negotiated retail cost for brand name medications and 44% for generics.

Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on *income only* and there is *no asset limit*! If you are a Massachusetts resident and eligible for Medicare, the income limits are:

- Age 65 or over- \$60,700 or less for a single person or \$82,300 or less for a married couple.
- Under age 65 and disabled- \$22,823 or less for a single person or \$30,945 or less for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$36,420 for a single person, or \$49,380 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes. You may also join if you are 65 years or older and **not eligible for Medicare**. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is *no income limit*.

Medicare also has a program, called "Extra Help", which can assist with the cost of your Medicare Part D plan's premium, deductible and co-pays.

How can SHINE help you? State certified SHINE counselors are trained regarding all aspects of Medicare and related health insurance programs.

Call the Harwich COA at 508-430-7550 to make a free, confidential appointment with a SHINE counselor.



HARC MEMBERS NEEDED

The Harwich Accessibility Rights Committee (HARC) is looking for members. Their mission is to advise and guide the Town and the general public regarding issues of accessibility by the Americans with Disabilities Act. They are advocates for the disabled and assist the community with ADA compliance issues. HARC seeks grants, provides information for assistive devices and services, and conducts projects to benefit the disabled community. They meet in the small conference room at Town Hall on the 4th Thursday of the month at 6:30pm. For more information contact the Town Administrator's Office at 508-430-7513.

ASSISTIVE TECHNOLOGY TRAINING

Wednesday, May 30th, 9am-4pm

This is a FREE training for professionals working with disabled individuals or anyone interested in learning to utilize technology that would help all populations live and work independently. Attendees will learn about resources and programs from Mass Rehab, Mass Commission for the Deaf and Hard of Hearing, Mass Commission for the Blind and the Dept. of Developmental Services. CEUs are available at no cost. Sponsored by the Executive Office of Elder Affairs. RSVP to: information.resources@State.MA.US

COPD SUPPORT

The Cape Cod COPD Support Group meets the 2nd Wednesday of the month at the Orleans Senior Center. This program is for anyone with lung conditions. For more information call Georgette at 508-420-5302.

CALLING ALL GARDENERS

Community Gardens

There are still raised bed garden plots available at the Harwich Community Gardens perfect for seniors. For information contact the Conservation Dept. at 508-430-7538.

Plant Sale

The Garden Club of Harwich will have their "Harwich by the Sea" Annual Plant Sale Saturday, May 26th, 9am-Noon at Doane Park.

NUTRITION NEWS

SENIOR DINING



Senior Dining Lunches

Lunch is served at 11:30am Tuesdays—Fridays and includes a delicious home-cooked meal by Chef Linda along with a special dessert treat. (No lunch on Friday if there is a breakfast program.) The cost is \$3 for residents and \$4 for non-residents. Come alone and make new friends, or come with a group...either way, we're sure you'll enjoy it! Reservations are required by 11am the day before the meal you want to attend by calling the COA at 508-430-7550. Please also call by 10am on the day of the meal if you need to cancel your reservation for any reason.

Supper Club

Come join us for a traditional supper on Mondays at 5pm. Meal includes a home-cooked dinner, dessert and musical entertainment! The cost is \$5 for residents and \$6 for non-residents. Reservations are required by 11am the Friday before by calling the COA at 508-430-7550. Please also call by 1pm on the day of the meal if you need to cancel your reservation for any reason.

NUTRITIONAL SUPPORT PROGRAMS



Brown Bag Food Program

The COA works with the Greater Boston Food Bank and the Family Pantry to distribute brown bags of food for eligible seniors on the 1st Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food, and shelf stable items. If you have a low income and/or are on Mass Health, SNAP, or Fuel Assistance you will qualify. For more information contact the COA Social Service Coordinator at 508-430-7550.

MEALS ON WHEELS

Sponsored by Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of \$3 per meal. For more information call 508-394-4630.

S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. If you would like more information please contact the COA Social Service Coordinator at 508-430-7550.

MENU

Supper Club Menu

Mon 5/7	NO SUPPER CLUB (Town Meeting)
Mon 5/14	Chicken A-la-king & Veggie
Mon 5/21	Open Roast Beef Sandwich & Veggie
Mon 5/28	NO SUPPER CLUB (Memorial Day)
Mon 6/4	Pasta with Meatballs & Salad
Mon 6/11	Roast Pork, Potato & Veggie
Mon 6/18	Baked Stuffed Sole, Potato & Veggie
Mon 6/25	Grilled Salmon, Potato & Veggie

Senior Dining Lunch Menu

Senior Dining Lunch Menu			
May			
Tue 5/1	Turkey Club with Fries & Cole Slaw		
Wed 5/2	Meatball Sub		
Thu 5/3	Grilled Ham Steak , Pineapple & Veggie		
Fri 5/4	White Chicken Chili Bowl		
Tues 5/8	Chicken Fajita Bowl with Rice		
Wed 5/9	Roast Pork, Potato & Veggie		
Thu 5/10	Hot Pastrami Sandwich, Chips & Coleslaw		
Fri 5/11	NO LUNCH (Men's Breakfast)		
Tue 5/15	Sausage & Pepper Sub		
Wed 5/16	"Super Duper Antipasto"		
Thu 5/17	Bubba Burgers with Pasta Salad		
Fri 5/18	Tuna Roll & Chowder		
Tue 5/22	BLT		
Wed 5/23	Chicken Cordon' Blue, Potato & Veggie		
Thu 5/24	Taco Bowl with Rice		
Fri 5/25	NO LUNCH (Women's Breakfast)		
Tue 5/29	. 55		
Wed 5/30	, , , ,		
Thu 5/31	Grilled Chicken Sandwich		
June			

Fri 6/29

June	
Fri 6/1	Steak & Cheese Sub with Pasta Salad
Tues 6/5	Hot Dog, Beans & Potato Salad
Wed 6/6	Chicken Marsala, Rice & Veggie
Thu 6/7	Stuffed Turkey, Potato & Veggie
Fri 6/8	NO LUNCH (Men's Breakfast)
Tue 6/12	Oriental Beef, Mixed Veggies & Rice
Wed 6/13	Meatloaf, Potato & Veggie
Thu 6/14	Mac & Cheese with Salad
Fri 6/15	Clamcakes & Chowder
Tue 6/19	Fried Chicken, Potato & Veggie
Wed 6/20	Beef Fajita Bowl with Rice
Thu 6/21	"Super Salad" with Chicken Salad
Fri 6/22	NO LUNCH (Women's Breakfast)
Tue 6/26	Egg Salad Sandwich, Chips & Cole Slaw
Wed 6/27	Chicken Parmesan with Pasta
Thu 6/28	Crabmeat Salad Roll

VOLUNTEER SPOTLIGHT

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VOLUNTEER SPOTLIGHT





MOW Volunteers, Sue and Howie Gates

Sue and Howie moved to Harwich five years ago from Connecticut. Not only do they deliver Meals on Wheels out of the Community Center each week, Sue also volunteers for the Family Pantry and Howie helps rescue stranded turtles with Mass Audubon. Harwich MOW volunteers like Sue and Howie deliver pre-prepared meals to homebound seniors in Harwich Monday—Friday and make a real difference in our community. If this is something you might be interested in, contact Harwich MOW Coordinator Hillary Kline at 508-430-1991.

OUR NEWEST VOLUNTEERS



- Janice Bernabeo, new to Harwich, has volunteered to be a medical driver, a position she previously volunteered for at the Foxboro Senior Center.
- Richard Franklin, who enjoys playing basketball here at the Community Center, has volunteered in our Food Delivery program.
- Maura Jordan has volunteered to help in our Senior Dining program.
- Dave Rogers, well known for his efforts at Pine Oaks Three, has volunteered for delivery of our newsletter throughout Harwich.
- Amanda Southwick, a Harwich student at Cape Cod Community College, volunteered as an intern and has been a great help in a variety areas here at the COA.

A warm welcome to you! Thank you for your willingness to share the gift of your time to serve with the Harwich COA!

CURRENT VOLUNTEER NEEDS





We wish to express our sincerest gratitude to all the amazing volunteers who help the Harwich COA and the senior community here in Harwich in so many ways. Each of you bring light into the hearts and homes of so many. If you would like to learn more about these meaningful COA volunteer opportunities, please call Rick at 508-430-7550.

Greeter

Responsible for greeting guests, directing clients to the proper COA staff, helping in the distribution of medical equipment, acting as backup answering phones, and making reminder phone calls. Excellent communication skills and friendly demeanor would make this a very rewarding experience for you.

Medical Drivers

Drive seniors to medical appointments in the local area. Transportation is a top need of seniors and we are happy to have volunteers that wish to drive once a week or even once a month!

Dining Room Aides

Help set-up, serve and clean up for our meal programs. Volunteers even receive a free meal!

Food Delivery

We need help delivering food for our Brown Bag food program which happens the first Friday of the month. Food is picked up at the COA and then delivered to private homes. This is a great volunteer opportunity for men and couples, or anyone with a strong body and kind heart who wants to make a difference in the life of a neighbor!

If you would like to learn more about these meaningful COA volunteer opportunities, please call Rick at 508-430-7550.

"You give but little when you give of your possessions.
It is when you give of yourself that you truly give."

Khalil Gibran

TRANSPORTATION INFORMATION

CRANBERRY COACH



COA Transportation Services

Transportation on our handicapped accessible van is provided for shopping, COA programs and special trips. You must call 508-241-1566 *the day before* to make a reservation for a ride.

Cranberry Coach Weekly Schedule

Mondays Special Trips & Supper Club
Tuesdays COA Lunch & Programs
Shaws in the afternoon

Wednesdays COA Lunch & Programs

Stop & Shop in the afternoon

Thursdays COA Lunch & Programs

Stop & Shop and Harwich Food Pantry

Fridays COA Lunch & Programs & Errands

around Harwich, including the library

Monday Trips

The Cranberry Coach will leave for these trips mid-Monday mornings. Trips usually involve a stop for lunch and you will typically return home late afternoon.

Mon. 5/7 Hyannis Shopping/Errands

Mon. 5/14 Market Basket

Mon. 5/21 Dennis & Dennisport Shopping/Errands

Mon. 6/4 Provincetown Mon. 6/11 Market Basket

Mon. 6/18 Orleans Shopping/Errands

Mon. 6/25 Local Thrift Shops

Please call 508-241-1566 by Friday at noon to reserve your ride for the following Monday.

All Monday trips need a minimum of 4 to make the trip.



FRIENDS MINI-BUS 508-648-9930

The Friends provide transportation for local errands and shopping on Thursday afternoons and Friday mornings on their new Mini-Bus with volunteer drivers. The bus in not handicapped accessible. To request rides on the Friends' Minibus, please call 508-648-9930. <u>Please</u> <u>leave a message if no one answers. Friends Mini-Bus</u> Coordinator Joan McCarty will get back to you.

COA VOLUNTEER MEDICAL RIDES

Volunteers provide rides to medical appointments from Wellfleet to Hyannis. Requests for rides must be made a MINIMUM OF 4 BUSINESS DAYS in advance, this does not count the day of your appointment. More advance notice is always appreciated. Guidelines:

- Ride requests should be made by calling the COA at 508-430-7550 Monday-Friday, between 9am-2pm.
 We cannot be responsible for requests left on voicemail. NO FRIDAY RIDES TO HYANNIS BETWEEN MEMORIAL DAY AND LABOR DAY.
- No extra riders are permitted unless required due to disability.
- We are unable to provide ongoing rides for medical therapy.
- A stop to a pharmacy after your medical appt. is at the discretion of the volunteer driver.
- You may not request any additional stops during your ride.
- Limit of 3 volunteer rides per month.
- Please provide a cash donation to your driver:
 - \$5 for rides to Harwich, Chatham, Orleans, Brewster and Dennis
 - \$15 for rides to Hyannis, Yarmouth and Wellfleet.

We do our best to find rides. However, ride availability is based on volunteer availability.

COMMUNITY TRANSPORTATION RESOURCES

DART

Low cost public transportation is provided by the CCRTA DART bus, by reservation from curb to curb. You must register by calling 1-800-352-7155 weekdays, 8am-5pm.

H2O

Fixed route public transportation provided on CCRTA buses between Orleans and Hyannis, with stops in Harwichport and at Shaws in Harwich. Call 1-800-352-7155 for information. Exact change needed.

Boston Hospital Transportation

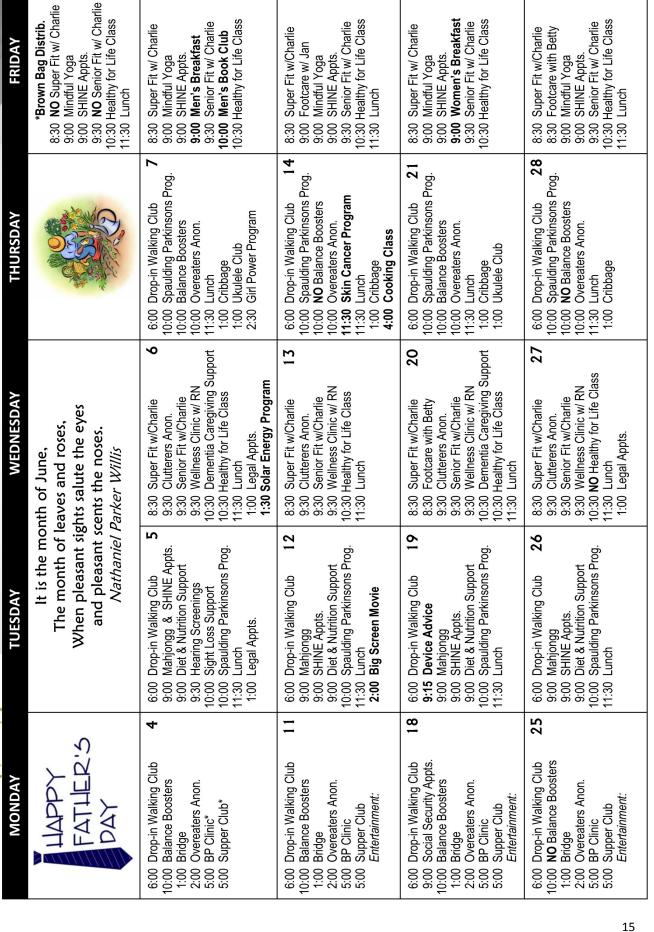
Transportation is provided for medical appointments at Boston hospitals daily by the CCRTA. There is a pick-up in Harwich. Call 1-800-352-7155 to reserve by 11am the day before. Cost is \$30 round trip, \$15 one way.

	FRIDAY	*Brown Bag Distrib. 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 11:30 Lunch	8:30 Footcare w/ Betty 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Men's Breakfast 9:30 Senior Fit w/ Charlie 10:00 Men's Book Club 10:30 Healthy for Life Class	8:30 Super Fit w/Charlie 9:00 Footcare w/ Jan 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 10:30 Healthy for Life Class	8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 9:30 Senior Fit w/ Charlie 10:30 Healthy for Life Class 11:00 Snoring Program	
	THURSDAY	6:00 Drop-in Walking Club 3 10:00 Spaulding Parkinsons Prog. 10:00 NO Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club	6:00 Drop-in Walking Club 10 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Girl Power Program	6:00 Drop-in Walking Club 17 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Ukulele Club 2:30 Girl Power Program	6:00 Drop-in Walking Club 24 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Girl Power Program 4:00 Cooking Class	6:00 Drop-in Walking Club 31 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Reflections on Aging Group 1:00 Cribbage 2:30 Girl Power Program
	WEDNESDAY	8:30 Super Fit w/Charlie 2:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts.	8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Class *NEW* 11:30 Lunch	8:30 Super Fit w/Charlie 16 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Dementia Caregiving Support 10:30 Healthy for Life Class	8:30 Super Fit w/Charlie 8:30 Footcare with Betty 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Class 11:00 Legal Appts.	8:30 NO Super Fit w/Charlie 3O 9:00 Asst. Technology Prog 9:00 Clutterers Anon. 9:30 NO Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Healthy for Life Class 11:30 Lunch 4:00 Summer Card & Craft Prog.
	TUESDAY	6:00 Drop-in Walking Club 9:00 Mahjongg & SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Legal Appts.	6:00 Drop-in Walking Club 8:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 2:00 Big Screen Movie	6:00 Drop-in Walking Club 15 9:15 Device Advice 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog.	6:00 Drop-in Walking Club 22 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog.	6:00 Drop-in Walking Club 29 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch
A .	MONDAY	Mather's	6:00 Drop-in Walking Club 7 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 NO Supper Club* *TOWN MEETING NIGHT	6:00 Drop-in Walking Club 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 BP Clinic 5:00 Supper Club Entertainment:	6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anon. 5:00 BP Clinic 5:00 Supper Club Entertainment:	CLOSED Memorial Day
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HARWICH COUNCIL ON AGING 100 Oak Street Harwich, MA 02645 PRE-SORTED STANDARD U.S. POSTAGE PAID PROVIDENCE, R.I. PERMIT NO. PI 2475



FOR THOSE WITH VISUAL IMPAIRMENTS, A LARGE PRINT VERSION OF THE NEWSLETTER IS AVAILABLE UPON REQUEST.

HARWICH COUNCIL ON AGING

Harwich Council on Aging 100 Oak Street Harwich, MA 02645 508-430-7550 (COA) 508-430-7505 (Town Nurse)

OFFICE HOURS: Monday—Friday 8:30 am—4:00 pm

www.town.harwich.ma.us click on "Departments" then "Council on Aging"

Staff Contacts

Director:	Judi Wilson
Town Nurse:	Susan Jusell
Social Service Coord:	Kevin Grunwald
Volunteer Coord:	Rick Anderson
Executive Asst:	Marie Carlson
Chef:	Linda St Pierre
Van Drivers:	Gerry Golia, Dick Rogers
	& Kathy Skipper

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Richard Waystack, Chair Lee Culver, Vice Chair Angelina Chilaka Joan Felahi Joanne Lepore James Mangan Ralph Smith Carol Thayer

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COA Disclaimer

The Harwich COA offers many legal, financial, medical, recreational and other services and/or activities by volunteers or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Harwich COA, the Town of Harwich or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or practitioners.